

My Everything

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Carolyn Robinson (USA) - September 2009
音樂: You're the First, the Last, My Everything - Barry White



After completing walls 1 and 3, add TAG A
After completing walls 2, 4, 6, add TAG B
After completing wall 5, begin the dance over

R SYNCOPATED VINE; ROCK BACK L, RECOVER R; L SIDE TRIPLE

1, 2 Side Step R, Step L behind R
&3,4 Quick Side Step R, Step L cross R, Side Step R
5,6 Cross Rock L back, Recover R
7&8 Side Step L, Step R beside L, Side Step L (12:00 wall)

PIVOT ½ TURN L (&); R SIDE TRIPLE; CROSS OVER TRIPLE; R SIDE ROCK, RECOVER L; R SAILOR

& Pivoting on L foot make ½ turn L (6:00 wall)
1&2 Side Step R, Step L beside R, Side Step R
3&4 Cross L over R, Side step R, Cross L over R
5,6 R Side Rock, Recover L
7&8 Step R behind L, Side step L, Step R in place

L KICK-BALL-CHANGE; TRIPLE L FORWARD; TRIPLE R FORWARD; L ROCK FORWARD, RECOVER R

1&2 Kick L forward, Quick step L in place, Step R in place
3&4 Step L toward L diagonal, Step R forward to heel of L, Step L toward L diagonal
5&6 Step R toward R diagonal, Step L forward to heel of R, Step R toward R diagonal
7,8 Rock L forward, Recover R

L TRIPLE BACK; R TRIPLE BACK; 1 ½ L TURN; TOUCH R

1&2 Step L back, Step R heel back to L toe, Step L back
3&4 Step R back, Step L heel back to R toe, Step R back
5,6,7 Step L ½ toward 12:00 wall, Step R back ½ facing 6:00 wall, Step L ½ toward 12:00 wall
8 Touch R

R KICK FORWARD/SIDE; R SAILOR; L KICK FORWARD/SIDE; L SAILOR

1,2 Kick R forward, Side Kick R
3&4 R sailor step
5,6 Kick L forward, Side Kick L
7&8 L sailor step

R STEP-LOCK-STEP, TOUCH; L STEP-LOCK-STEP, TOUCH

1-4 R Step forward, Lock L behind R, R Step forward, Touch L
5-8 L Step forward, Lock R behind L, L Step forward, Touch R

R KICK STEP BACK R, L X 2; MONTEREY ¼ TURN R

1&2 R Kick, Step R back, Step L Back
3&4 R Kick, Step R back, Step L Back
5,6 Side Touch R, Turn ¼ R stepping down on R (3:00 wall)
7,8 Side Touch L, Step L beside R

TAG A: WALLS 1 & 3

R KICK STEP BACK R, L X 2; SIDE TOUCH R, HOLD, BUMP L

1&2 R Kick, Step R back, Step L Back

3&4 R Kick, Step R back, Step L Back
5,6 Side touch R, hold
7,8 Hold, Bump L

TAG B: WALLS 2, 4, 6

R KICK X 2; R TRIPLE BACK; L BACK, RECOVER; L TRIPLE FORWARD

1&2 R Kick two times forward
3&4 R Triple back
5,6 L Rock Back, Recover R
7&8 L Triple forward

R KICK X 2; R TRIPLE BACK; L BACK, RECOVER; L TRIPLE FORWARD

1&2 R Kick two times forward
3&4 R Triple back
5,6 L Rock Back, Recover R
7&8 L Triple forward

WALL 5:

START THE DANCE OVER...NO TAG

firkilr@gmail.com; www.love2danceusa.com
